

What is Claimed:

- [C1]** An adjustable stepping structure for aerobic exercise comprising:
a platform having a substantially flat top stepping surface and a bottom;
an inclined riser block matingly engageable with the bottom of the platform for elevating and inclining the platform.
- [C2]** The adjustable stepping structure of claim 1 wherein the inclined riser block includes a top and a bottom, the top of the inclined riser block matingly engageable with the bottom of the platform.
- [C3]** The adjustable stepping structure of claim 2 wherein the bottom of the platform defines a recess and wherein the inclined riser block includes a protrusion and a flange disposed about the protrusion, the protrusion receivable in the recess of the platform to matingly engage the platform with the inclined riser block.
- [C4]** The adjustable stepping structure of 3 wherein the bottom of the platform further defines a plurality of slots disposed about the recess and wherein the inclined riser block further inclines a plurality of dimples receivable by the slots to matingly engage the platform and the inclined riser block.
- [C5]** The adjustable stepping structure of claim 3 wherein the protrusion comprises a lip defining a hole.
- [C6]** The adjustable stepping structure of claim 1 wherein the platform includes a pair of ends and wherein there are at least two inclined riser blocks, one of the inclined riser blocks matingly engageable with the platform adjacent one of the ends and the other inclined riser block matingly engageable with the platform adjacent the other end.

[C7] The adjustable stepping structure of claim 2 further comprising at least one riser block engageable alternatively with the inclined riser block and with each other for elevating the inclined riser block.

[C8] The adjustable stepping structure of claim 7 wherein the platform includes a pair of ends and wherein there are at least two inclined riser blocks and at least two riser blocks, one of the inclined riser blocks matingly engageable with the platform adjacent one of the ends and the other inclined riser block matingly engageable with the platform adjacent the other end.

[C9] The adjustable stepping structure of claim 8 wherein each of the inclined riser block and the riser block includes a top and a bottom, the top of the riser block matingly engageable with the bottom of the inclined riser block and the top of the riser block matingly engageable with the bottom of the inclined riser block.

[C10] The adjustable stepping structure of claim 9 wherein the bottom of the inclined riser block defines a recess and wherein the riser block includes a protrusion and a ledge disposed about the protrusion, the protrusion of the riser block receivable in the recess of the inclined riser block to matingly engage the inclined riser block with the inclined riser block.

[C11] The adjustable stepping structure of 10 wherein the bottom of the inclined riser block further defines a plurality of slots disposed about the recess and wherein the inclined riser block further inclines a plurality of dimples receivable by the slots to matingly engage the inclined riser block with the inclined riser block.

[C12] The adjustable stepping structure of claim 11 wherein the protrusion comprises a lip defining a hole.

[C13] An adjustable stepping structure kit comprising:

a platform;

at least one inclined riser block matingly engageable with the platform for elevating and inclining the platform;

at least one riser block matingly engageable with the riser block for elevating the inclined riser block and the platform.

[C14] The adjustable stepping structure kit of claim 13 wherein the platform includes a pair of ends and wherein there are at least two inclined riser blocks and at least two riser blocks, one of the inclined riser blocks matingly engageable with the platform adjacent one of the ends and the other inclined riser blocks matingly engageable with the platform adjacent the other end.

[C15] The adjustable stepping structure kit of claim 14 wherein each of the platform, inclined riser block and riser block has a top and a bottom, the top of the inclined riser block matingly engageable with the bottom of the platform and the top of the riser block matingly engageable with the top of the riser block.

[C16] The adjustable stepping structure kit of claim 15 wherein the bottom of the platform defines a recess and wherein the inclined riser block includes a protrusion and a ledge disposed about the protrusion, the protrusion receivable in the recess of the platform to matingly engage the platform with the inclined riser block.

[C17] The adjustable stepping structure kit of 16 wherein the bottom of the platform further defines a plurality of slots disposed about the recess and wherein the inclined riser block further inclines a plurality of dimples receivable by the slots to matingly engage the platform and the inclined riser block.

- [C18]** The adjustable stepping structure kit of claim 16 wherein the protrusion comprises a lip defining a hole.
- [C19]** The adjustable stepping structure kit of claim 16 wherein the bottom of the inclined riser block defines a recess and wherein the riser block includes a protrusion and a ledge disposed about the protrusion, the protrusion receivable in the recess of the inclined riser block to matingly engage the inclined riser block with the riser block.
- [C20]** The adjustable stepping structure kit of 19 wherein the bottom of the inclined riser block further defines a plurality of slots disposed about the recess and wherein the riser block further inclines a plurality of dimples receivable by the slots to matingly engage the inclined riser block with the riser block.
- [C21]** The adjustable stepping structure kit of claim 20 wherein the protrusion comprises a lip defining a hole.